



# WILBRAHAM SENIOR NEWS



45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 22, 1

JANUARY 2016

## WELLNESS LUNCHEON

Please join us for a "lunch and learn" with our guest speaker, Dr. William Bazin, on Tuesday, **January 19th at noon**. The topic of the discussion will be stress and how it affects your overall health. You will learn ways to cope with stress by making physical, emotional and chemical changes in your daily life. A complimentary lunch will be provided by Bazin Chiropractic. Dr. Bill Bazin has been a chiropractor for 27 years. Dr. Bazin spreads the word of chiropractic by teaching his patients the importance of living with a healthy, interference free spine. Space is limited and you must pre register by calling 596-8379. Don't miss this extremely informative presentation.

## HEALTHY EATING

Start the New Year off Healthy. Join us for "Healthy Eating for Successful Living". The workshop is presented over 6 weeks and provides you with important guidance to help you tweak your nutritional choices and improve your overall health and wellness. This program is free and is sponsored by Greater Springfield Senior Services. Program is on Tuesdays 9 am-11 am. Starting **January 26th** and ending March 1st. Group Leaders are Joe Larkin and Roz Forti. Sign up by calling the Wilbraham Senior Center at 596-8379.



## Aging & Vision Loss Presentation

Vision is a complex sense involving the ability to see contrast, detail, and the location of objects in the environment. Although the eye usually changes with age, these natural changes are correctable. Changes caused by age-related eye diseases are not. How does aging affect our eyes? What are the symptoms of age-related eye diseases? Have you recently been diagnosed with an eye disease such as macular degeneration? How does one cope with vision changes? Come join us for an educational program provided by the Massachusetts Association for the Blind and Visually Impaired on **January 25 at 10 am**. Call 596-8379 to sign up.

## Oh my aching hands

Join Jillian Keefe, Upper Extremity Specialist from Attain Therapy on **Monday, January 11 at 10 am**. for "Oh My Aching Hands". The presentation will cover common hand diagnosis & ailments, joint protection principles & adaptive equipment tools to reduce stress and alleviate discomfort. Call 596-8379 to register.



## AARP TAX ASSISTANCE

Once again, the wonderful volunteers from AARP will be assisting seniors, age 60 and over, with their tax returns. You will need to bring:

- Social Security Card, photo ID
- 2014 return and all related materials
- All earning (W2)
- Interest earnings (1099INT)
- Pensions & Annuities (1099-R)
- Dividend/Mutual Fund Statements (1099DIV)
- 2105 Social Security form (SSA-1099)
- Gambling/lottery winnings (W26)
- Complete information on stocks sold
- Health Insurance Verification
- Real Estate Tax paid documentation
- Rent paid documentation
- Sewer and Water paid amounts
- Fuel Assistance, amounts received
- Food Stamps, amount received

AARP can not complete tax returns if you have a large number of stock transactions, business income, incoming requiring schedule C, home sales, purchase of hybrid car or other complex tax returns. Call 596-8379 for appointment.

# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS

Foot Care Nurses, **January 14**, Cost is \$29.

Foot Doctor Cindy Galavotti, **January 7** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.



Baystate Hearing Aids, **January 13**

10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

SHARPS containers are available FREE at center, with list of where they can be returned when full.

## FITNESS PROGRAMS

**YOGA**—every Wednesday at 12:15 and Fridays at 11:40 taught by Michelle Croze, owner of Harmony Way. Fun class format is for everyone. \$5

**Senior Center Fitness Equipment— recumbent bike and treadmill.** A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

Line Dancing on **Wednesdays at 1:40 p.m.** Beginner Line Dance class on **Fridays at 1:40 p.m.**

Tai Chi, **Wednesdays** at 9 a.m. FREE!

Zumba Gold—**Wednesdays at 11 am & Fridays at 10:30 am**, \$5.

Chair Exercise, **Tues. & Thurs. at 10 a.m.**

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m. FREE!!!!**

Gentle Exercise, **Wednesdays, 10:15 a.m.**

## SPA PROGRAMS

**Sole Food Reflexology**—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **January 8 & 15** for appointments. Cost is \$10.

## CHAIR MASSAGE AT SENIOR CENTER—

Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **January 8**. Very relaxing!!



**Reiki** - Reiki is an ancient Japanese form of homeopathic healing that helps with general aches and pains, arthritis, relaxation, and sleep. The Wilbraham Senior Center welcomes Carleen Eve Fischer Hoffman, Reiki Master Practitioner. Carleen will be offering Reiki once a month, on the first Wednesday. Please call her directly at 525-7345 for an appointment. \$10 for 15-20 minute session.

**Call 596-8379 for appointments!**

## WEATHER RELATED CLOSINGS

If weather prevents the Senior Center from opening, we will post the information on the Town of Wilbraham website, ABC40, FOX6, and 22News. We do not follow the local school closings. **PLEASE**, call before coming in if you think we might be closed! And if you are planning on attending a program, please make sure you have signed up. We will try to contact you if instructor/speaker is cancelling.

## BINGO is Back!!!!

Starting January 11th, join us every Monday for lunch and bingo. Lunch starts at 11:45 with Bingo to follow until 2:30. Delicious lunch for only \$2 donation. Bingo will be 25 cents a game and fabulous prizes can be won. Call 596-8379 by January 4th to reserve lunch.





## TELEPHONE WELLNESS CHECKS

The Senior Center is starting a program through our Social Service Department - "Telephone Wellness Checks". The phone wellness check program will contact Wilbraham seniors who are homebound by calling them two days a week to help to reassure their well being and give them a feeling of security. The telephone reassurance system eases the concern of friends and family who may find it difficult to maintain consistent, reliable contact for the individual. If you are homebound or know of someone who would benefit from this program, please contact Barbara Harrington at 596-8379. An application form will be completed prior to participation in the program. All information is kept confidential. This is a wonderful service that we hope to expand with volunteers in the near future.

## JANUARY EVENTS

**SHINE** Representative will be here on **January 8**. Call for appointment.

**QUILTING CLUB**, January 14 & 28 at 1:00 p.m.

**BOOK CLUB** January 21 at 1:30 pm. "The Upstairs Wife" by Rokia Zakaria

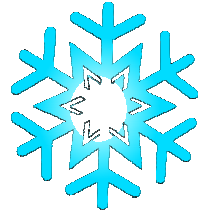
**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **January 13**. Call for appointment at 596-8379.

**JEWELRY WORKSHOP** with Sandy Merrill, **January 20**, 10 am, cost is \$3/class.

**MEN'S BREAKFAST** in Ludlow on **Friday, January 29 at 8:30 a.m.** Please call to register—596-8379.

**AFTERNOONS: PITCH** Mondays, 12:30 p.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

**OUTRAGEOUS ADVENTURES** on Friday, **January 22** at 9am. Call Mary Ellen for information.



## FUEL ASSISTANCE

Applications for Fuel Assistance through the state are available through Barbara Harrington. The maximum gross income levels are: 1 person \$33,126, 2 people \$43,319. It is very important that you bring all necessary paperwork with you to your appointment with Barbara. Applications can not be sent without all paperwork: proof of income; social security, pension, unemployment; 2015 heating, electric and phone bills; if renting—landlord name, address, phone. If working—4 consecutive pay stubs. If you think you might qualify, please call Barbara at 596-8379. She will set up an appointment to complete the application.



**SENIOR CENTER  
IS CLOSED  
MONDAY,  
JANUARY 18**



**MARTIN  
LUTHER  
KING  
JR DAY**

**TAX EXEMPTION FORMS  
NOW AVAILABLE  
AT THE SENIOR CENTER.  
FOR MORE  
INFORMATION, PLEASE  
CALL THE  
ASSESSORS OFFICE AT  
TOWN HALL.**

## GLASS FUSING CLASS

In this month's glass fusing class the group will be creating pins. You will be making 2 pins for \$20.00. You can make one for yourself and gift the other. Class includes all glass and firings. We will be using all different types of glass embellishments to create one-of-kind glass pins. DATE: January 11, TIME: 10 a.m.

# JANUARY 2016

Mon	Tue	Wed	Thu	Fri
				<b>1</b> <b>HAPPY NEW YEAR</b> <b>CENTER CLOSED</b> 
<b>4</b> 1-Rug Making  <i>Chicken broccoli ziti casserole/Green beans/Wheat bread</i> <b>Stop &amp; Shop</b>	<b>5</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <b>Around Town</b>	<b>6</b> 9-Tai Chi 10-Reiki 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:40-Line Dance  <b>Eastfield Mall</b>	<b>7</b> 9-Podiatrist 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes  <b>Big Y</b>	<b>8</b> 9-SHINE 9-Massage Therapy 10-Reflexology 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:40-Line Dance
<b>11</b> 10-Hand Program 11:45-Lunch & Bingo 1-Rug Making 1-Friends Meeting <i>Beef patty/mushroom gravy/mashed potato</i> <b>Big Y</b>	<b>12</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <b>Around Town</b>	<b>13</b> 9-Tai Chi 10-Baystate Hearing 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:40-Line Dance  <b>Walmart</b>	<b>14</b> 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1-Quilting Club <b>Stop &amp; Shop</b>	<b>15</b> 10-Reflexology 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:40-Line Dance
<b>18 CLOSED</b> <b>MARTIN LUTHER KING JR DAY</b> 	<b>19</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 12-Wellness Lunch 1-Knitting Etc.  <b>Around Town</b>	<b>20</b> 9-Tai Chi 10-Jewelry 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:40-Line Dance  <b>Holyoke Mall</b>	<b>21</b> 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes  <b>Big Y</b>	<b>22</b> 9-Outrageous Adv. 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:40-Line Dance
<b>25</b> 10-Mass Assoc. of the Blind 10-Fallon Health 11:45-Lunch & Bingo 1-Rug Making <i>Baked chicken/herb stuffing/peas/bread</i> <b>Big Y</b>	<b>26</b> 9-Healthy Eating 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Friends Board Mtg. <b>Around Town</b>	<b>27</b> 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:40-Line Dance  <b>Walmart</b>	<b>28</b> 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1-Quilting Club <b>Stop &amp; Shop</b>	<b>29</b> 8:30-Men's Breakfast (Ludlow) 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:40-Line Dance

**Thanks to those who have donated to the Friends of Wilbraham Seniors, Building Fund and Senior Center:**

**Friends Donations**

Agerton, Marjorie  
Arabik, Mary  
Belsky, Karen  
Bergeron, Roland/Helen  
Boyd, Adele  
Corriveau, Dorothy  
Czekanski, Christine  
DaMato, Pearl  
Driscoll, Julie  
Dziadzio, Richard/Shirley  
Fenix, Sally  
Friend  
Glica, Nellie  
Hamer, Phil  
Heropoulos, Ann  
Holmes, Vertis  
Hunt, Audrey  
Kirk, Dorothy  
Krol, Ed/Jean  
Kroll, Barbara

Kwapinski, Maria  
Malysz, Rose  
Marra, Antoinette  
McGovern, Virginia  
Metzger, Ray/Stella  
Minnie, Marguerite  
Moreno, Gilbert/Linda  
Paradis, Walla  
Salemi, Ann  
Simonowicz, Helen  
Sweeney, Barbara  
Szenkum, Linda  
Szydlowski, Rick/Barbara  
Trombly, Kent/Joan  
Walting, Ruth

**Building Fund Donations**

Anon  
Drumheller, Bernice  
Fuller, Indevéz  
Garceau, Janice

Geoffino, Olga  
Hunt, Audrey  
Kirk, Dorothy  
Moreno, Gilbert/Linda  
Riker, Rodney/Ann  
Szydlowski, Rick/Barbara  
Red Hat YA YA Sisterhood of Wilbraham  
Trombley Assoc  
WSC. Line Dancers  
WSC. Pitch Club  
Salemi, Ann (honor of Jim Salemi)

**Senior Center Donations**

Kennedy, June  
Kirk, Dorothy  
Morris, Evelyn  
Yelinek, Linda

**FROM THE FRIENDS OF WILBRAHAM SENIORS**  
**Thanks For Your Generous Help**

A big hooray goes out to all you wonderful people who are helping us to build up our postage account. We could still use a little more help in striving toward our goal for 2015 of \$4,200 for our postage needs.

It's important to know that we currently mail the Senior News to approximately 2,200 households in Wilbraham 12 months a year. We would appreciate it if you would help us out again with \$1, \$5, \$10, \$20 or more whatever you can spare. We are very proud of the Senior News and the broad and interesting information that it brings to the senior community

Remember that seniors represent over 34% of the adult population in our little town, and that Boomers are another 18% of the adult population. It's plain to see that our seniors are aging and retiring in place. Please lend a hand and help us to build up our postage account. Thank you.

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**Future Schedule of Friends of Wilbraham Senior Events**

January 4 to February 12	Friends Cash Raffle
March 22, 2016	A Casino Bus trip to Mohegan Sun
April 28, 2016	Fashion Show Extravaganza
June 21, 2016	A Casino Bus trip to Mohegan Sun



\*\*\*\*\*Friends of Wilbraham Seniors\*\*\*\*\*

# The 2016 Winter Cash Raffle

Starting January 4, 2016      Drawing      February 12, 2016 at 1:00 P.M.



**\$300    FIRST PRIZE**  
**\$200    SECOND PRIZE**  
**\$100    THIRD PRIZE**

Tickets will be available each day from 9:00-1:00 at the Wilbraham Senior Center; Or mail your newsletter coupons to Friends of Wilbraham Seniors, P.O. Box 705, Wilbraham, MA 01095  
Also tickets will be on the counter at Crazy Jake's Restaurant and Rice's Fruit Farm

## 2016 Winter Raffle

Name \_\_\_\_\_ | Name \_\_\_\_\_  
Address \_\_\_\_\_ | Address \_\_\_\_\_  
City---- State \_\_\_\_\_ | City \_\_\_\_\_ State \_\_\_\_\_  
Phone \_\_\_\_\_ | Phone \_\_\_\_\_

**1 ticket \$5.00    3 Tickets \$10.00**

**1 ticket \$5.00    3 Tickets \$10.00**

## 2016 Winter Raffle

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Phone \_\_\_\_\_

**1 ticket \$5.00    3 Tickets \$10.00**

## 2016 Winter Raffle

# RED HAT YAYA SISTERHOOD OF WILBRAHAM

Happy New Year to all my Red Hat Sisters. Hope you all had a Merry Christmas and have recuperated from all the activity and food. Friday, Jan. 15th we will be doing Let's Do Lunch. We are going to Olive Garden. Ginni McCombe (525-2916) is the chairlady for this event. Jan. 12th is the deadline for signing up for this event. We will order from the menu with separate checks. This is a self drive event. Feb. 9<sup>th</sup> is Fat Tuesday and we are having a Mardi Gras. Deb Gormley (547-6583), Cindy Ellis (860-942-8013), and Veronica Meschki (543-4384) are co-chairs for this event. It will be held at The Gardens. Please call Deb Gormley to sign up for this event and find out all the information. If you want to have a table of 8 to work together to make a shoe box size center piece let her know. There will be good food, fun things and a raffle. Stay tuned for info on March.

April 28<sup>th</sup> is the Friends of Wilbraham Fashion Show Extravaganza at the Ludlow Country Club. The Fashions are Country Casual of Somers, Ct. Evelyn will be taking care of tickets and table set up for us. May we are going to Willington Pizza then to Cassidy Hill Winery. June we are going to Tower Hill in Boylston and lunch. Watch for further information about these events. Let's make 2016 a great year. Please don't forget I am looking for someone to fill the shoes of Queen of Vice. Please consider being an officer and help plan these great events.

Happy New Year,  
Kathy Phipps, Your Queen Mum

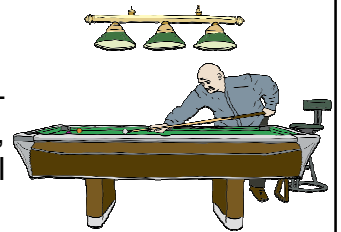
## Help us save on postage—receive this newsletter by email!



If you would like to start receiving the monthly newsletter by email, please send a request with your **name and address** to: [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov) Each month you will be one of the first to receive the newsletter and help us save money.

## community calendar

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Questions? Call Frankie B's at 596-2423.



The Saint Cecilia Women's Club is holding its annual winter Card & Game Party, Thursday, January 28, at the St. Cecilia Parish Center. Check-in begins at 11:30 with lunch served at noon. Come and play any game of your choice: bridge, dominoes, Scrabble, Whist, Canasta, Tripoli, etc., and enjoy a delicious luncheon for a \$7 donation. Proceeds help to fund our scholarships and other charitable endeavors. For reservations please call Sue Agnew, 596-9480. Hope to see you there!



## VETERANS OFFICE NEWS

Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please call **596-8379** for Veteran's office.

### Nurses Corner

Free walk-in blood pressure screenings, Tuesdays 11-12pm.  
Call Lee Giglietti RN @ 596-8379 with health related concerns,  
Tuesdays & Wednesdays 9-2pm



Winter Health and Safety - Be prepared for weather-related emergencies, including power outages. Stock food that needs no cooking or refrigeration and water stored in clean containers. Purchase a manual can opener. Ensure that your cell phone is fully charged. When planning travel, be aware of current and forecast weather conditions. Keep an up-to-date emergency kit, including: Battery-operated devices, such as a flashlight, a (NOAA) Weather Radio, extra batteries, first-aid kit and extra medicine, wet wipes, and cat litter or sand for icy walkways. Protect your family from carbon monoxide. Keep grills, camp stoves, and generators out of the house, basement and garage. Locate generators at least 20 feet from the house. Leave your home immediately if the CO detector sounds, and call 911. These simple tips can help you stay safe this winter.

ADS



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**DIRECTOR OF ELDER AFFAIRS:**

Paula Dubord

**ACTIVITIES/VOLUNTEER****COORDINATOR:**

Mary Ellen Schmidt

**SOCIAL SERVICES****COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

**PUBLIC HEALTH NURSE:**

Lee Giglietti, BS, RN, BSN

**MEAL SITE DIRECTOR:**

Ruth Bretta

**SENIOR AIDE:**

Jim Hiersche

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors". Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705  
Wilbraham, MA 01095

Meals served Mon at 11:45 a.m. in the lunch room. Reservations must be made the Friday before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS  
WILBRAHAM SENIOR CENTER  
45B POST OFFICE PARK  
WILBRAHAM, MA 01095-1179**

Nonprofit Organization  
U.S. Postage Paid  
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**RETURN SERVICE REQUESTED**

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**WEEKLY VOLUNTEERS**

**Office:** Ann Beardsley,  
Evelyn Morris, Adell Teschendorf,  
Jackie Daniels, Dorothy Soja  
Dee Mitchell, Jacquie Peck  
**Van:** Peter Siuda, Gary Babineau

**IF YOU WISH TO UNSUBSCRIBE  
FROM THIS NEWSLETTER  
PLEASE CALL THE SENIOR  
CENTER AT 596-8379**

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**SENIOR CENTER HOURS:**  
**Monday-Friday, 8:00-4:00**

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**PVTA Van Service**

available by calling 739-7436.

Newsletter available online at  
[www.wilbraham-ma.gov](http://www.wilbraham-ma.gov)

**COUNCIL ON AGING MEMBERS:**

**Chairperson:** Trant Campbell

**Vice Chair:** Robert Page

**Secretary:** Ellen O'Brien

**Members:** Theresa Munn, Gilles Turcotte,  
Diane Weston, Father Panteleimon Klostri

Meeting: 1st Wednesday of each month at  
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month and mailed to:

Wilbraham Senior Center  
45B Post Office Park  
Wilbraham, MA 01095  
Phone (413)596-8379 Fax (413)596-8546  
Email: [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov)

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**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:**

**Jan. 4—Stop & Shop**

**Jan. 11—Big Y**

**Jan. 18—CLOSED**

**Jan. 25—Big Y**

**WEDNESDAY TRIPS**

**Jan. 6—Eastfield Mall**

**Jan. 13—Wal Mart**

**Jan. 20—Holyoke Mall**

**Jan. 27—Wal Mart**

**THURSDAYS TRIPS**

**Jan. 7—Big Y**

**Jan. 14—Stop & Shop**

**Jan. 21—Big Y**

**Jan. 28—Stop & Shop**

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

Around Town Trips on Tuesdays—call to reserve a seat!

**Call 596-8379 to sign up today.**

